

CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Aug. 28, 2000

NEWS BRIEFS

WELLNESS FAIR SEPT. 6

CHS and CFC is sponsoring a health and wellness fair on Sept. 6 in the lobby of the CHR from 9 a.m. to 3 p.m.

KHSA FALL CONFERENCE

The Kentucky Human Services Association will hold its fall conference Sept. 19-21 at Kentucky Dam Village State Resort Park. For more information, call Patti Farney at 502-695-3200 or e-mail to KHSA100@aol.com

BENEFIT FAIR

The Personnel Cabinet is holding benefit fairs around the state during September to prepare for 2001 open enrollment for health insurance. The fair for Frankfort will be Sept. 13-14 from 2-6 p.m. at the Civic Center. See your personnel representative for info on other fairs.



TIP OF
THE
WEEK

Take preventive action early. Don't wait until the first symptoms of a disease strike. Minimize your risk of heart disease, cancers, osteoporosis and stroke through diagnostic screenings, exercise, good diet, and by quitting smoking. Take preventive steps now to protect yourself from diseases that strike later in life.



Gov. Paul Patton, right, watches Hannah Wilbert get a hearing screening as she is held by her mother, Danetta. Looking on is dad Bill Wilbert and Michelle King of the Commission for Children With Special Health Care Needs.

Gov. Patton Urges Newborn Hearing Screenings

Gov. Paul Patton held a news conference at the CHS State Fair Booth last Thursday to call attention to the importance of hearing screenings for newborns.

As part of the governor's Early Childhood Initiative -- KIDS NOW -- hospitals with 40 or more births

a year will be required to provide the newborn screenings.

Gov. Patton joined seven-week-old Hannah Wilbert of Louisville to demonstrate the screenings. She's the daughter of Bill and Danetta Wilbert. Bill works for the Commission for Children With Special Health Care Needs.

Cancer Conference Planned For Sept. 15-16

A Kentucky cancer conference is scheduled for Sept. 15-16 at Lexington's Radisson Hotel. The conference, sponsored by the Kentucky Cancer Program and funded by a Centers for Disease Control and Prevention grant, will take a look at the state cancer plan.

The conference will also feature information from the Kentucky Cancer Registry.

On Sept. 15th, the conference will feature workshops on surveillance of cancer in Kentucky, cancer education, standards of care and insurance issues all directly related to the top cancers. There also will be a dinner to celebrate the Ken-

tucky Cancer Program's 25th anniversary.

National cancer experts attending the conference include Michael Eriksen, director of the Office of Smoking and Health; Lamar McGinnis, from the American Cancer Society; Marion White, executive director of North Carolina's Advisory Committee on Cancer Control; and John Young, from Emory University.

For more information on registration, please contact Sissy Bertino with the Kentucky Cancer Program at (859) 219-0772 ext. 251 or by e-mail at sbertino@kcp.uky.edu.



Gov. Paul Patton visited with fairgoers Thursday at the CHS "Garden of Good Health." The governor held a news conference on hearing screenings and walked through the booth afterwards.

KCHIP Lauded For Success; 55,000 Children Have Been Enrolled In Health Insurance Plan

The state program that provides health coverage to children recently received some favorable attention in the statewide media.

A front page story in The Courier-Journal about the Kentucky Children's Health Insurance Program ran Aug. 22. It prompted a follow-up editorial in the Aug. 27 Courier-Journal, which praised the outreach efforts that have led to 55,000 children enrolling.

KCHIP is administered by CHS in the Department for Medicaid Services.

The editorial noted that CHS and other groups have worked hard to make the public aware of KCHIP. Those efforts have included schools, health departments, CFC staff and offices and many others.



KCHIP covers children birth through age 18. The editorial said "considerable progress has

been made in a short time ... Thanks to this federal initiative and a lot of work by a lot of concerned Kentucky people, we're closer (to universal health-care coverage) than we might have been."

A Health Tip For You Desk Jockeys

Here's an exercise for people who sit at a desk much of the day:

Hold your left elbow with your right hand. Gently pull your elbow behind your head until an easy-tension stretch is felt in the shoulder or in the back of your arm (triceps). Hold the easy stretch for 10 seconds. Don't overstretch or hold your breath. Repeat with the other arm.

From: Parade Magazine, July 2, 2000

Turn In KECC Payroll Forms By Aug. 31

CHS employees are being encouraged to turn in their payroll deduction forms for the Kentucky Employees Charitable Campaign by Aug. 31 to department coordinators.

More information on KECC activities will be coming soon.



KECC Did You Know?

If you contribute just \$10 per paycheck to the Kentucky Employees Charitable Campaign, it will provide:

- Supports warm water aquatic classes for those suffering with arthritis.
- Three weeks of adult day care for a memory impaired person.

Consider payroll deduction for KECC this year.

The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. Printed with state funds.

